

Social Prescribing Innovators Programme



Personalised Care

Healthy London Partnership

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@SP_LDN

**Healthy London
Partnership**

SUPPORTED BY
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Background

Social prescribing has evolved rapidly in recent years and there has been amazing achievements across London in embedding social prescribing.

However, we know that there are still many challenges to delivering an impactful service, in particular within:

- **Recruitment and retention** of Social Prescribing Link Workers (SPLWs) due to limited opportunities for progression in the SP service leading to well embedded SPLWs moving onto other roles
- **Improving access and uptake** of Social Prescribing among specific cohorts of people who need it the most
- **Demonstrating the impact** and benefit of Social Prescribing on individuals, communities and the healthcare system

Those working on the frontline and closely within social prescribing have the best insights and abilities to tackle these challenges. The goal of this programme is to empower individuals and teams to develop meaningful solutions to systemic challenges they face through providing training, support, funding and a peer group of innovators to work alongside. We hope the learnings and networks formed, as part of the programme, continue to support improvement work in social prescribing by developing a collective of innovators and a blueprint for how this can be done with future cohorts.

Insights, learnings and resources developed will be shared across London at the end of the programme.



**Healthy London
Partnership**

Introduction: What is it?

The Programme aims to support Social Prescribing services and individual SPLWs across London to mitigate challenges they face in delivering social prescribing in primary care by testing and sharing innovative ways of working.

This is a **pilot fund with an award of up to £10k** granted to individuals or groups from Social Prescribing services.

Successful applicants benefit from a **6-month programme of support** between **September 22- March 23** to help deliver projects against their specified 'challenge', with the opportunity to showcase the results of their project in March 2023.

Funding will be used to support an individual or small team to innovate a solution to their chosen challenge(s). This could involve:

- Implementing a Social Prescribing service design change
- Carrying out a local pilot to test solutions to systemic challenges in embedding social prescribing successfully into the health service
- Developing solutions to specific priorities within the NHS, following the COVID pandemic, including tackling inequalities

Projects for this fund will begin in **September 2022**.



Programme Offer of Support & Timetable

Successful applicants will benefit from a 6-month programme of support to help deliver projects against their specified 'challenge'.

In summary this will include:

- [4x monthly Quality Improvement training sessions \(half day\):](#)

The four sessions will support you to develop your skills in quality/continuous improvement. It will enable taking a problem-based approach to your projects, understanding the problem, thereby being better able to develop a strategy to overcome the barrier/challenge. The training will also support you to test, implement and sustain your potential solution/project idea.

Only the project lead and deputy will be required to attend.



- [3x Bi-monthly Skills share and Peer Co-consult group \(2 hours\):](#)

The aim of these sessions is to share learnings and skills across common themes relevant for innovation and project development to support you as a changemaker. There will be one hour of delivered content and exercises, followed by an hour of peer discussion.

Topics will be decided based on the breadth of successful applicants and themes identified in project ideas. For example, it may include health inequalities, co-production or digital tools for social prescribing. Our board of social prescribing stakeholders will support these sessions with their areas of expertise.

These sessions are open to all project participants to attend and will be recorded.

- 3x Bi-monthly 1:1 coaching sessions (45 min):

Each project lead will be assigned to a coaching expert who will be able to provide tailored support to empower the individual to problem solve and achieve their intended outcomes. This could help with personal effectiveness, project goals, relationship building and leadership. Our coaches are experienced in quality improvement, the TGROW (Topic, Goal, Reality, Options and Way Forward) framework and developing leaders within healthcare in the NHS and beyond.

These sessions are designed for the project lead only. Where a project has a co-lead, coaching in pairs or small groups can be explored on a case-by-case basis.

- 3x Bi-monthly Board check-in, support and feedback (1.5 hours):

All project participants will have the opportunity to present project updates and receive support and guidance from members of the programme board. This includes a panel of experts we have convened across a range of expertise from within academia, Social Prescribing, innovation and much more.

These sessions are mandatory and open to all project participants to attend. Sessions will be recorded.

- Monthly drop-in support sessions (1.5 hours):

The drop-in sessions will be a chance for all project participants to ask questions related to their projects to the HLP team, access further support and network with fellow programme peers.

These are open to all participants and optional to attend but we recommend joining as many as possible to enable more shared learning and collaboration across projects.

Additional support provided:

- Cohort Whatsapp/Slack group
- Networking opportunities with cohort as well as wider partners
- Access to ad hoc support through partners (decision making board) for specialised topics e.g. digital
- Potential to access further Quality Improvement training or more specialised skills training
- Opportunity to innovate and explore new ways of working



There is a **time commitment** involved for this programme and the table below provides a summary of all session **times, dates and the expectations** of participants. Underlined sessions are **mandatory** for all project participants to attend.

Standard training (mandatory)	Peer support	Project support	Development support
	<u>Pre-programme support meet (2hr)</u> <u>09:00-11:00 8TH SEPTEMBER 2022</u>		Skills share and Peer Co-consult group (2 hour) 14:00-16:00 27TH SEPTEMBER 2022
<u>QI Session 1: Scoping and planning (half day)</u> <u>09:30-12:30 13TH OCTOBER 2022</u>	Monthly HLP led peer support drop ins 11:00-12:00 18TH OCTOBER 2022		
<u>QI Session 2: Project aims and change ideas + testing (half day)</u> <u>09:30-12:30 10TH NOVEMBER 2022</u>	Monthly HLP led peer support drop ins 11:00-12:00 15TH NOVEMBER 2022	<u>Board check-in and support and feedback</u> <u>GROUP 1: 13:30-15:00 24TH NOVEMBER 2022</u> <u>GROUP 2: 9:30-11:00 25TH NOVEMBER 2022</u>	1:1 45 min coaching session
<u>QI Session 3: Tracking tests of change and refining (half day)</u> <u>09:30-12:30 8TH DECEMBER 2022</u>	Monthly HLP led peer support drop ins 11:00-12:00 13TH DECEMBER 2022		Skills share and Peer Co-consult group (2 hour) 10:00-12:00 16TH DECEMBER 2022
<u>QI session 4: Measuring outcomes' success and evaluation (half day)</u> <u>09:30-12:30 12TH JANUARY 2023</u>	Monthly HLP led peer support drop ins 11:00-12:00 17TH JANUARY 2023	<u>Board check-in and support and feedback</u> <u>GROUP 1: 13:30 – 15:00 26TH JANUARY 2023</u> <u>GROUP 2: 09:30-11:00 27TH JANUARY 2023</u>	1:1 45 min coaching session
	Monthly HLP led peer support drop ins 11:00-12:00 21ST FEBRUARY 2023		Skills share and Peer Co-consult group (2 hour) 10:00-12:00 28TH FEBRUARY 2022
	Monthly HLP led peer support drop ins 11:00-12:00 21ST MARCH 2023	<u>Board check-in and support and feedback</u> <u>GROUP 1: 13:30 – 15:00 9TH MARCH 2023</u> <u>GROUP 2: 09:30-11:00 10TH MARCH 2023</u>	1:1 45 min coaching session

Programme graduation: Sharing success celebration – present results and forward plan 31st March 2023 pm



Expectations

- Participants will bring a challenge that acts as a **barrier to social prescribing** being able to deliver an **impactful service** and we will support you to develop an idea/solution
- Participants will be able to commence projects and programme support in **September 2022** and have capacity to commit to the 6 month programme
- Participants **attend all mandatory sessions**
- Projects focus on solutions to support **Social Prescribing service design - not** funding voluntary/community sector activities which individuals are referred to
- Participants are willing and able to **share outcomes and learnings publicly** at the end of their project - even if key deliverables are not achieved

Board Members

We have a **collective of leaders** who will support us throughout the project lifecycle to:

- Help us decide who to award funds to
- Share feedback on the programme and processes of the Innovation Fund, to inform the Pilot, as well as the refined 23/24 fund
- Champion your areas of expertise by supporting successful applicants, connecting them with people in your network that might be able to support
- Help us promote the programme to those in their network

The board check-ins mentioned above will provide an opportunity for project participants to connect with the panel of experts, present their projects and ask questions. Depending on the nature of your project, board members may be able to connect you to people with relevant expertise to support with your project development.

Please see the table on next page for a summary of all panel members, their role, organisation and relevant expertise.

Name	Role	Organisation	Specialty areas
Zlatina Nikolova	SPLW, SP Advocate	Age UK Islington	Social prescribing, VCSE
Kateryn Florez	SPLW	OneWestminster	Social prescribing, VCSE, Psychology
Nirja Joshi	GP, Fellow, SWL Long Covid Education Champion	Wandsworth Training Hub	Social prescribing improvement, Long COVID, Clinical, Primary Care
Liz Ayres	Lead Transformation Programme Manager (Kingston and Richmond)	SWL CCG	Transformation, Commissioning, Health Inequalities, ARRS
Suzi Griffiths	Project manager	Healthy London Partnership	CYP, Social Prescribing, Local Authority
Devika Vadher	Senior Manager - Personalised care London	NHSEI London Region	Personalised Care, NHS, Digital Social Prescribing, Public health, Primary care, Dental
Stephanie McKinley	London Social Prescribing Network Manager	LondonPlus	VCSE, Green SP, Thriving Communities, Partnerships, Physical activity SP, Cost of Living crisis
Anthony Atherton	Part of Regional strategic coproduction group	NHSEI	Coproduction
Dan Hopewell	Director of Innovation	Bromley By Bow Centre	Innovation, Data and evaluation, Social Prescribing, Service design, Research, Population Health, Health Creation and communities
Jagan John	GP (Aurora Medcare) GPWSI in Cardiology (BDCHS) Personalised Care Clinical Lead Clinical Chair Barking & Dagenham Chair NEL CCG	NEL ICS	ICS, Clinical, Social Prescribing, Leadership, Primary Care, Cardiology
Thomas Kador	Lecturer in Creative Health, researcher, lead for Creative Health MASc	University College London	Academic, research, ARRS, Social Prescribing, Evaluation, Creative health, Health inequalities, mental health, wellbeing



Resources

We have collated some reading materials and resources on topics that will be covered as part of the programme. These can help to support applicants and prepare programme participants for the concepts and principles that will be shared as part of the training. This includes: coproduction; digital; evaluation; project management; quality improvement; health inequalities; and scaling.

Click on the links below to view.

Co-production

- Model of Co-production
- NASP: Co-Production and Social Prescribing
- Co-Production Collective Learning & Resources
- SCIE: Co-production: what it is and how to do it
- SCIE: Examples of co-production in social care
- SCIE: Blogs
- Podcasts: *What is Co-production? With Healthwatch Suffolk* and *What is Co-production? With Rhondda Cynon Taf County Borough Council*
- Involve: Co-production
- NEF Consulting: Introduction to Co-production (additional training course)

Quality Improvement (QI)

- ELFT: What is Quality Improvement?
- ELFT: Resources
- ELFT: Improvement tools
- Kings Fund: Making the case for Quality Improvement
- The Health Foundation: Quality Improvement made simple
- QI overview [link on HLP site]

Digital

- NHS England: Health Systems Support Framework
- NHS Digital
- Future NHS: Digital Primary Care
- SCIE: Webinar: Integrated care systems, digital and data

Evaluation

- NASP's guide to evaluating social prescribing in a meaningful way
- SCIE: Measure Impact
- NHS England: Evaluating Improvement
- Public Health Scotland: Tools for monitoring and evaluation

Project Management

- APM Resources
- ClickUp: Tools for Project Management
- Oxford Leading Strategic Projects Programme

Health Inequalities

- NASP: The role of social prescribing in addressing health inequalities
- Personalised Care DES spec
- Health inequalities DES spec

Scaling projects and ideas

- EURO/WHO: Scaling up projects and initiatives for better health: from concepts to practice
- ExpandNet: Toolkits and resources
- How Project Managers can Efficiently Scale Up Projects
- DIY Toolkit: Scaling Plan
- Atlas Corps: Scaling Social Projects and Ideas